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## They come in peace (for now)

Amazon unveils drone-  
delivery plans for the hate-  
to-wait generation **PAGE 12**

## If they break a leg, we'll know about it

Sound of Music Live! is first  
time in over 50 years live TV  
production attempted **PAGE 15**

## MOOSE TO REPRESENT AGAIN

FUCALE, DROUIN BOTH  
EARN INVITES TO CANADIAN  
JUNIOR CAMP, LOCKS TO  
MAKE CLUB **PAGE 25**



## HONOUR THY HEROES

Firefighters, from left, Jason Sparkes, Greg Kutney and Randy Johnson, look over a spot at Peggy's Cove where the three helped rescue RCMP Const. Chris Richard, who was swept into the ocean during a search for a victim who was also washed off the rocks in November 2010. The firefighters are to receive Decorations for Bravery from the Governor General of Canada this Thursday in Ottawa.

Story, page 4 JEFF HARPER/METRO

# MLA's tweet causes stir

**Black Pete.** Local  
expert, tweeters deem  
Dutch tradition racist

A photo showing local politician Joachim Stroink sitting on the lap of a blackface Christmas character stirred up controversy Monday as the picture was circulated on social media after the Liberal MLA for Halifax-Chebuco removed it from his account.

Christopher Helland, sociology of religion professor at Dalhousie University, said the photo of Stroink posing with the Dutch character Zwarte Piet, or "Black Pete" at a Christmas event Sunday evening was inappropriate.

"It may be part of a tradition but that doesn't mean that it's right," Helland said.

Zwarte Piet is the servant of St. Nicholas or "Sinterklaas" according to a traditional song, and is often shown wearing



The photo Joachim Stroink took down. TWITTER

blackface makeup, red lipstick and frizzy "Afro" wigs.

Helland said he doesn't think Stroink was being malicious, but never had to look at the tradition critically before.

Stroink apologized for the photo Monday afternoon, and was visibly upset as he told reporters he had grown up with Zwarte Piet and had no intention of insulting the black community.

"It is, frankly, astonishing that a politician would not know about black face, regardless of Sinterklaas tradition,"

one person on Twitter wrote. Helland said the "Pete" figure has only been around since the 1850s, and it's natural for a nation's culture to change over time.

"If this many people are upset, you have to think that maybe you're wrong," Helland said. "That might offend people to hear that, but that's the truth."

The photo likely wouldn't have been such an issue without social media, Helland said, adding that online debates are good because they allow people who aren't usually heard to express their concerns.

He said while culture and tradition feel individual, we're in a connected world and nothing's really private. "If it is offensive, you have to consider you're not just dealing with your nation anymore. This is sort of a global issue," Helland said.

HALEY RYAN/METRO WITH FILES FROM THE CANADIAN PRESS

More coverage, page 3



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Melissa Peacock

## Trial dates to be set for Halifax man in murder case

A man charged with first-degree murder in connection with the homicide of Melissa Peacock of Dartmouth waived a preliminary hearing in Truro provincial court on Monday.

Dustan Joseph Preeper is scheduled to appear in Supreme Court on Dec. 17 to set a trial date.

Preeper was charged with Peacock's murder in July 2012, as well as second-degree murder in connection with the killing of 26-year-old Ben Hare of Truro. Peacock, 26, was reported missing to Halifax Regional Police on Nov. 9, 2011. She left her residence in Dartmouth at approximately 7:30 p.m. on Nov. 7 and her last known contact was on Nov. 8 at approximately 12:34 a.m.

TRURO DAILY NEWS

Robie Street

## Woman struck at crosswalk on busy Halifax street

A woman suffered non-life threatening injuries after being hit by a car at a marked crosswalk in Halifax on Monday morning.

Just after 6 a.m., police say the 27-year-old victim was crossing Robie Street at a crosswalk when she was hit by a Pontiac Sunfire driven by a man, 39, making a left-hand turn from Cunard Street.

The driver has been given a ticket for failing to yield to a pedestrian at a crosswalk.

METRO



Halifax-Chebucto MLA Joachim Stroink gets emotional as he takes questions from the media at the Liberal office Monday after receiving criticism for a photo he posted on Twitter. JEFF HARPER/METRO

# 'There was no malicious intent whatsoever': MLA

**At a Christmas party.** Joachim Stroink acknowledges 'Black Pete' photo was inappropriate



HALEY RYAN  
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The Liberal MLA for Halifax-Chebucto fought back tears Monday as he spoke with media about a photo of himself sitting on the lap of a blackface Christmas character he had posted to Twitter and later removed due to the backlash.

Joachim Stroink tweeted

the image of himself and his wife at a Dutch Christmas event with Zwarte Piet, or "Black Pete," on Sunday evening.

"This is a Dutch tradition I grew up with and never, ever in my deepest heart ever thought that this would be portrayed in this manner," Stroink said. "There was no malicious intent whatsoever."

The debate around Pete intensified this year after cultural experts with the United Nations began examining whether the tradition is racist. People in the Netherlands are also divided, with some protesting the character and others declaring Zwarte Piet a symbol of Christmas fun.

Stroink said the nega-

### Quote

"It can't continue as it is, so what does it look like? I don't know."

Joachim Stroink about the 'Black Pete' character

tive attention he was getting on Monday "hurts in many ways," because he has had to realize parts of his own culture might be at odds with the African Nova Scotian citizens he represents as a politician.

"It's been incredibly hard because I didn't sign up for this. I did this because I wanted to better Nova Scotia," Stroink said about his new position, his voice breaking.

"I have to be respectful

that I represent every culture, and no longer Joachim Stroink."

Stroink said he realizes there is "no place" for blackface in Nova Scotia culture, and met with Tony Ince, a black member of the legislature and the minister of African Nova Scotian affairs, to discuss updating the tradition.

He said it could be that Zwarte Piet is no longer appropriate, but that's something the Dutch community should decide on their own, with "hopefully" Stroink and Ince's help.

"I'm a believer that if you can't have a discussion, then we can't fix the problems that we have in society, so we need to do that," Stroink said.

1 NEWS



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# Bravery award 'bittersweet'

**Recognition.** Halifax firefighters who saved Mountie to be honoured in Ottawa



**HALEY RYAN**  
haley.ryan@metronews.ca

Receiving a national medal for bravery is an amazing but "bittersweet" honour, volunteer firefighter Jason Sparkes said Monday after re-enacting his rescue of a RCMP officer swept off the rocks at Peggy's Cove three years ago.

Sparkes saved Const. Chris Richard with the help of other firefighters on Nov. 6, 2010, but he wasn't able to find the original man they had been called to help that night, he said.

"On the other hand, we did save Chris so he's home with his family. It's kind of bittersweet," Sparkes said.

Sparkes will travel to Ottawa next week with fellow Halifax Regional Fire and Emergency volunteers Greg Kutney and Randy Johnson to receive Decorations for Bravery from Gov. Gen. David Johnston on Thursday.

"It's not why we do this; I



Firefighters, from left, Randy Johnson, Greg Kutney and Jason Sparkes re-tell the story of a rescue to the media at Peggy's Cove on Monday. JEFF HARPER/METRO

was not expecting this at all," Sparkes said. "But the recognition is a great honour."

The rescue happened during a rainstorm where the waves reached higher than 30

feet, Sparkes said, and he remembered seeing Richard lean out over the water because the

officer thought he'd spotted a man amongst the shadows.

Richard was swept away

## Quoted

"I never thought about anything until I got home in bed that night. I was like, 'That could have been bad.'"

Volunteer firefighter Jason Sparkes

and caught amongst the rocks, sustaining serious injuries before Sparkes was able to come down and grab onto him, getting washed in a few times himself.

"Luckily I was up high enough that when the waves receded, I could get a handhold on the rocks underneath me so I got back up," Sparkes said.

Sparkes said Const. Scott Locke and the other firefighters helped drag Richard to safety.

Kutney said he didn't think about his own safety when Sparkes was in trouble because that's the type of camaraderie firefighters have.

"It was just, 'We've got to do this so we all come home,'" Kutney said. "You just know that somebody will be there to help you ... which I think is probably the most important thing when you get into these situations."

# Sudden bout of black ice causes a dozen accidents

A municipal operations manager says the conditions that turned city streets into skating rinks late Sunday are a challenging, but rare, occurrence.

A spokesperson for Halifax Regional Police said there were 12 minor accidents in their jurisdiction Sunday night when a perfect combination

## Salt trucks

A spokesperson for the provincial Department of Transportation said salt-truck operators were on the roads by 4:30 p.m.

Sunday. While the province has invested in brining trucks, they won't arrive at provincial bases until next week.

of factors created black ice around 5 p.m.

"It was pretty minimal, fortunately nothing serious," said Const. Dianne Woodworth on Monday.

Darrin Natalino, HRM's contract supervisor for municipal operations, said the weather was colder than expected and the air temperature, road temperature and dew point all

converged rapidly around the freezing point after sunset.

"(It) was one of those scenarios that, sadly, we get two or three of those in a year and they happen in a real hurry," he said.

Natalino said 22 salt, sand and brine trucks were on the roads across HRM in short

order. He said salt and brine weren't applied earlier in the day — which might have prevented the black ice — because the forecast called for rain.

"Trying to be proactive and put a bunch of salt on the road before a rainstorm isn't really good practice," he said.

RUTH DAVENPORT/METRO

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## Crime. Four detained after RCMP spot stolen vehicle

Three people are facing charges after the driver of a stolen vehicle tried to flee from police.

Around 11 p.m. Sunday, an RCMP officer noticed a car on Caldwell Road that matched the description of a car stolen earlier in the evening.

When the officer turned his vehicle around to investigate, the driver of the stolen car sped away with no taillights on.

According to a release, police soon found the car abandoned in a ditch on Cow Bay Road. One suspect was arrested when a citizen contacted police to report he'd "detained" a man in his backyard. The second

### Charges

Two 18-year-old boys and a 16-year-old girl face several charges including possession of stolen property, trespassing and breach of conditions. A 14-year-old female was released without charges.

man was apprehended when he tried to get a taxi out of the area.

The release states police also located two females who were believed to be passengers in the vehicle. **METRO**

### Dartmouth

## Man with scarf-covered face robs gas station

A Dartmouth gas station has been robbed by a man who covered his face with a blue scarf, police say.

The robbery happened at about 5:30 p.m. Sunday

at the Petro Canada at 610 Portland St.

According to police, a man walked into the gas station with his face covered by the scarf, and handed a plastic bag to the clerk, asking for money. He received a small amount of cash and then left on foot.

The clerk, an 18-year-old woman, wasn't injured.

**METRO**

## Arrest. Standoff ends with seizure of fake handgun

A Nova Scotia man is facing weapons charges after an overnight standoff near Kentville.

The Mounties say they received a call around 3 p.m. Sunday alerting them to a man with a gun in a residence on Tupper Road. Police say the 57-year-old man from North Kentville threatened to harm himself and other people.

Officers asked nearby residents to stay in their homes.

Shortly after 5 a.m. Monday,

### No one else home

Police say no one else was in the home during the standoff.

an emergency response team used a stun gun to subdue the man then took him to Valley Regional Hospital.

Officers searched the residence and seized a fake handgun. **THE CANADIAN PRESS**



## Aftermath of a head-on collision

A tow-truck operator gets ready to remove a car and a van involved in a head-on collision on the 102 overpass near Bayers Road on Monday afternoon. Police say the woman driving the car lost control, jumped the divider and hit the van. The woman escaped injury and the man driving the van was taken to hospital as a precaution.

JEFF HARPER/METRO

# Fraction of funds for HMCS Sackville

### Naval trust.

HRM committee only offering half of the cash requested for waterfront interpretation centre



RUTH DAVENPORT

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A municipal committee is recommending the city follow the rules for grants and give the group building a permanent home for HMCS Sackville only half the funds it had requested.

HRM's grants committee met Monday to consider the request from the Royal Can-

adian Naval Memorial Trust for \$50,000 to support the development of the waterfront interpretation centre "Battle of the Atlantic Place."

Grant applicants can only receive capital grants of up to \$25,000 each year, but the trust received \$50,000 in March 2012 for Phase 1 of the project —though the committee emphasized at the time it was a one-time exception.

"I was just uncomfortable with the fact that we had said ... we won't make another exception, and we were asking for another one," said committee member Kate Watson, who tabled Monday's amendment to award \$25,000 this year and invite the trust to apply for an-

### Phase 2

## \$400K

estimated total cost of Phase 2 of project to build new interpretation centre

other \$25,000 next year.

Coun. Barry Dalrymple noted the last award was for Phase 1 of the project, and suggested it could be worth another exception for Phase 2.

"If this was to happen in our downtown harbour, the significance of this, internationally and everything else would just be incredible," he said.

The committee members agreed that HRM should make

a contribution to the interpretation centre, but were uneasy about setting a precedent by awarding the full amount.

"Let's not kid ourselves ... it is significant what we're doing here," said committee chair Coun. Russell Walker. "We're changing the policy ... and we're wide open to anybody that comes in from here on in."

Community Grants team lead Peta-Jane Temple told the committee that giving \$25,000 would likely not "make or break" the project, suggesting it will likely depend more heavily on federal funding.

The recommendation will now go to the audit and finance committee for consideration.

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## Cape Breton police withdraw some services, RCMP step in

The Cape Breton Regional Municipality has asked the RCMP to step in after regional police withdrew their participation in some services over what the mayor said is a contract issue.

Cecil Clarke said Monday he was informed of the change in services by Local 1995 of the Nova Scotia Government and General Employees Union, which represents officers with the Cape Breton Regional Police Service.

Clarke said the union argues the municipality did not pro-

### Significant loss

# 48

Mayor Cecil Clarke said 48 positions in four special police units are affected by the withdrawal. Union president Joan Jessome said there are about 180 active police officers in the union local.

vide adequate legal support for an officer who was convicted of breach of trust and obstruction of justice.

The municipality also said

the union has taken issue with the fact that the officer's pay was suspended during the legal process.

"I regret the union has decided to take a matter that was before the courts and something that was not previously brought into the collective bargaining process that I've been a part of, and chose to make a decision to step away from other services that are imperative to public safety and policing services," Clarke said in an interview. **THE CANADIAN PRESS**

## Sweet 16: Large group the reported winners of lottery

A winning lottery ticket worth \$1 million could be claimed by up to 16 winners from Truro and surrounding area.

The Atlantic Lottery Corporation (ALC) has confirmed Friday's winning lotto max ticket was purchased in the

Truro area.

It's believed all of the winners are co-workers at Parkland Estates.

ALC's spokesperson Carla Bourque said they have received a phone call from someone who claims to hold the winning ticket but it will

not be clarified until the winner or winners claim their ticket with the ALC in Moncton, N.B.

Bourque said she believes the Truro ticket holder is expected to show up by Tuesday or Wednesday.

**TRURO DAILY NEWS**

## Law change to ensure province's marketing will be non-partisan

**Public Service Act.**  
MLA says past NDP campaigns would now be inappropriate

Messages and advertising from the Nova Scotia government's communications agency would have to be non-partisan under legislation introduced Monday by the provincial government.

Andrew Younger, the minister who oversees Communications Nova Scotia, said the changes would also lead to more consistent standards in communications products and services while ensuring that the government's communications are factual and relevant to policies and priorities.

Younger said the revisions to the Public Service Act would also ensure taxpayers' dollars are protected from politically

motivated signs.

"The government has no intention to use CNS for political gain in advertising, in signage and so forth," he said.

Younger pointed to campaigns launched by the previous NDP government as examples of advertising that he said would now be inappropriate. They included the "Hi, I'm Percy" tourism ads that featured former tourism minister Percy Paris soliciting people's ideas for marketing Nova Scotia.

Younger said the ad wasn't handled by Communications Nova Scotia, which would now be required to administer all aspects of advertising, including handling contracts with firms outside of the government. He said that would also allow better tracking of just how much is being spent on advertising.

Signs with slogans similar to those used in political

### Necessary legislation?

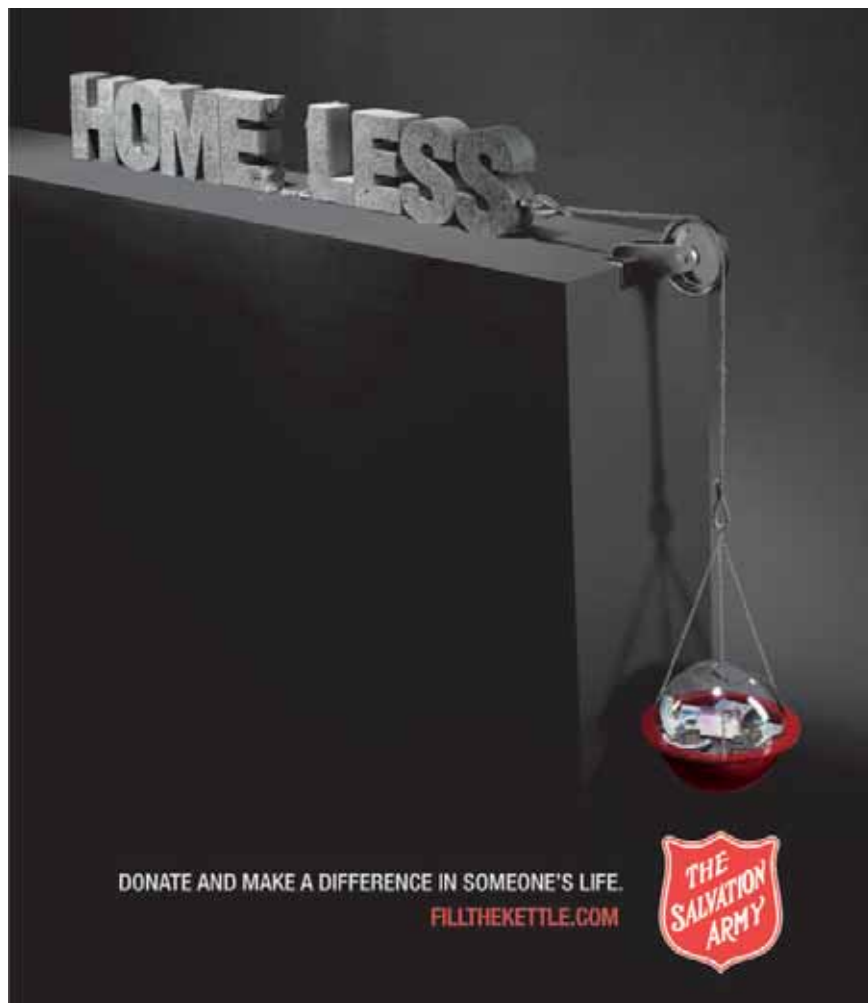


"We have seen this happen in the past and there are

ads that should not have been published that were." **MLA Andrew Younger**

campaigns have since been taken down and the Liberal government will not use their slogan from the most recent campaign, "Nova Scotia First," Younger said.

NDP house leader Frank Corbett dismissed the legislation as not being "completely necessary." He also took issue with Younger's assertion that the former government used advertising in inappropriate ways. **THE CANADIAN PRESS**



## Enjoy it while it lasts

A lone couple visits the iconic lighthouse at Peggy's Cove on a very grey Monday. Environment Canada is forecasting slightly higher temperatures and rain throughout most of the week. **JEFF HARPER/METRO**

### Shale-gas fracking

## Province to ban importation of waste water

Waste water from hydraulic fracturing would not be allowed to be imported into Nova Scotia under legislation introduced today.

Provincial Environment

Minister Randy Delorey says a ban is appropriate given that there is a moratorium on fracking while an independent review of the process is underway.

Delorey says once passed, the legislation shouldn't have to be amended, regardless of whether the province decides to allow fracking.

He says the Environment

Department is trying to deal with waste water from shale gas exploration in Kennetcook six years ago.

He says the department should be ready soon to announce what it will do with waste water contained in ponds in Debert and Kennetcook, though he added it will not be sent elsewhere.

**THE CANADIAN PRESS**



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## N.Y. derailment. Train was travelling 52 m.p.h. over the speed limit

A commuter train that derailed over the weekend, killing four passengers, was hurtling at 82 m.p.h. as it entered a 30 m.p.h. curve, a federal investigator said Monday. But whether the wreck was the result of human error or brake trouble was still unclear, he said.

Asked why the train was going so fast, National Transportation Safety Board member Earl Weener said, "That's the question we need to answer."

Weener said the information on the locomotive's speed was preliminary and extracted from the Metro-North train's

two data recorders, taken from the wreckage after the Sunday morning accident in the Bronx.

He also said investigators had begun interviewing the crew members, but he would not disclose what the engineer had told them.

He said investigators were also examining the engineer's cellphone — apparently to determine whether he was operating the train while distracted.

Asked whether the tragedy because of human error or bad brakes, Weener said, "The answer is, at this point in time, we can't tell." **THE ASSOCIATED PRESS**

### Ottawa

## New regulations ahead for prepaid credit cards

Ottawa is moving ahead with new regulations on so-called prepaid credit cards, but not in time

for the holiday shopping season.

A source says the federal government will bring in an array of regulations governing prepaid cards, including an end to expiry dates and a prohibition on charging maintenance fees for the first year.

**THE CANADIAN PRESS**

# Netanyahu under fire for high-rolling ways



Israeli Prime Minister Benjamin Netanyahu looks up as he arrives for a private audience with Pope Francis at the Vatican on Monday.

RICCARDO DE LUCA/THE ASSOCIATED PRESS

**It's all about the Benjamins.** Israeli PM raised taxes, slashed services while spending thousands on candles and flowers

Israeli Prime Minister Benjamin Netanyahu's penchant for scented candles is setting off a stink, with media and politicians accusing him Monday of extravagantly spending public money.

According to a document obtained by a civil liberties group, in 2012, Netanyahu spent \$1,700 on scented candles, \$23,300 on flower arrangements and \$31,600 on gardening at his official residence in Jerusalem, among other costs totalling about \$909,000.

The report threatens to embarrass Netanyahu, whose

### More details

- Netanyahu was also shown to spend \$11,800 on laundry and \$41,600 on catering at his residence.
- The water bill for his vacation home amounted to more than \$22,000, and the electrical bill hit \$7,390.

government raised taxes and slashed services earlier this year to decrease a budget deficit.

"When the prime minister presents such inflated and absurd amounts in the expense sheet to the nation, he can't look at his citizens in the eye and swear that there must be cuts to their welfare, health care, security and education," wrote Arye Aplatoni in the Maariv daily.

**THE ASSOCIATED PRESS**

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## Ashley Smith. Jurors begin deliberations in teen's prison death

Jurors at an inquest into the videotaped choking death of a teenager in her segregation cell began their deliberations Monday.

Almost 11 months after they began hearing evidence, Dr. John Carlisle sent them away to come up with a verdict in the death of Ashley Smith along with recommendations on preventing a repeat of the tragedy.

"You must sort out what you believe to be the true picture of what happened — use the same common sense that you use every day," Carlisle told the five-woman panel.

"We now ask you to speak for Ashley."

Despite being on high suicide watch, Smith, 19, of

### Jury duty

**"We now ask you to speak for Ashley."**

Dr. John Carlisle  
Presiding coroner in Ashley Smith inquest

Moncton, N.B., strangled herself in her segregation cell at the Grand Valley Institution in Kitchener, Ont., in October 2007.

The inquest has heard how guards, who had previously rushed in to save the chronically self-harming teen, hesitated because of orders from management against intervening as long as she was still breathing.

THE CANADIAN PRESS

### Germany

## Political parties ban 100 euro brothel 'flat-rate'

Germany's biggest political parties have agreed to ban so-called flat-rate sex offered by some brothels in the country.

The move is part of a clampdown on Germany's prostitution industry, which has boomed since a 2002 law legalized sex work. Critics say offers that allow unlimited sex for 100 euros (\$144) are exploitative.

THE ASSOCIATED PRESS

### Iceland

## Gunman shot dead by police — a first for country

Police in Iceland say they have shot dead a gunman — the first time the nation's armed police have shot and killed someone.

Two unarmed policemen were shot when trying to enter the apartment of a man who fired a shotgun in the Reykjavik suburb of Arbaer. A special armed unit then entered and fired at the man, who later died in hospital. THE ASSOCIATED PRESS

# Rafferty seeks public money to fund appeal

**Victoria Stafford murder.** Michael Rafferty can't afford legal help but needs it to appeal complex case, his lawyer argues

The jury that convicted Michael Rafferty of killing eight-year-old Victoria Stafford should have considered that he might have been only an accessory after the fact to her brutal murder, Ontario's Appeal Court was told Monday.

The argument was part of lawyer Paul Calarco's attempt to convince the court that there is merit to an appeal of Rafferty's convictions for first-degree murder, sexual assault causing bodily harm and kidnapping.

Rafferty wants the Appeal Court to order that the public fund his appeal, which Calarco argues is too complex for Rafferty to handle by himself. Rafferty can't afford to hire a lawyer and has been turned down four times by Legal Aid since his May 2012 convictions.

Rafferty's trial heard that he and his former girlfriend, Terri-Lynne McClintic, lured Tori from her school in Woodstock, Ont., and drove to a secluded field, where the Grade 3 student was sexually assaulted and brutally beaten to death in April 2009.

It's "absolutely vital" that



Michael Rafferty, left, wants the Appeal Court to order that the public fund his appeal of his convictions in the death of eight-year-old Victoria Stafford, right. LEFT: DAVE CHIDLEY/THE CANADIAN PRESS FILE; RIGHT: CONTRIBUTED

every person have the right to a fair trial and a proper appeal, Calarco said. "That applies no matter if the person is one for whom the public has sympathy... or a person the public has no sympathy for," he said.

Appeal Court Justice Marc Rosenberg reserved his decision, but he can either dismiss Rafferty's motion, request that Legal Aid fund a lawyer or order that the money should come from the Ministry of the Attorney General.

Rafferty had been serving his life sentence at Kingston Penitentiary, but after the prison closed this year, he was moved to an institution in Quebec. THE CANADIAN PRESS

### Grounds for appeal?

The trial judge made three errors, lawyer Paul Calarco told the court.

- McClintic made conflicting statements about whether she or Rafferty delivered the fatal blows to Tori. If she was the "principal offender," then Rafferty's actions would make him an accessory after the fact.
- Superior Court Judge Thomas Heeney erred by not giving the jury a Vetrovec warning, which

cautions juries about the testimony of untrustworthy witnesses.

- The third ground that Calarco said there another issue regarding McClintic's conflicting evidence: "This is a person who is totally capable of deceit," he said.
- Crown attorney Randy Schwartz opposed the motion, arguing that the appeal is not particularly complex and doesn't raise novel points of law.

## Suicide video seen online

An Ontario university has confirmed a fire was deliberately set in one of its dorms and is urging the public to avoid a suicide video of the event posted online.

It is believed a man who attempted suicide by taking sleeping pills and lighting his dorm room on fire — and streamed video of the event online — is a 20-year-old student at the University of Guelph.

On Saturday, a man identified only as "Stephen" posted a message on 4chan's /b/ board, one of the Internet's most diverse communities.

"Tonight I will be ending my own life. I've been spending the last hour making the preparations and I'm ready to go through with it. As an oldfag who's been on 4chan since 2004, I thought I would

finally give back to the community in the best way possible: I am willing to an hero on cam for you all. All that I request is for you guys to link me to a site where I am able to stream it for you guys," wrote Stephen.

In 4chan parlance, "an hero" is slang for committing suicide.

A video stream was set up and users watched as Stephen swallowed some unidentified pills and chased them with vodka. He then proceeded to start a fire in his room and curl up in bed.

Stephen continued to post to the stream's live chat, typing messages like "#imdead" and "#omgimongfire."

Eventually, firefighters stormed in and rescued the young man.

It now appears that Stephen is a student at the University of Guelph. Firefighters were on campus Saturday night and took one victim to hospital with serious burns.

The fire call came in approximately 90 minutes after Stephen's first post on 4chan.

The university has since confirmed that the fire was deliberately set by a 20-year-old student in Dundas Hall.

"The university is aware that there is disturbing social media activity circulating about this incident and is urging people not to watch or distribute this hurtful material," read a statement.

According to the Daily Dot, 4chan users are already celebrating Stephen, referring to him as "Toaster Steve."

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.



## Albertans, it's time to get your shovels out of storage

David Reid peers out from his wrappings as he uses a snow blower to clear his driveway during a blizzard near Cremona, Alta., on Monday. Southern Alberta is under a winter storm warning, with temperatures dipping down to -20 C with high winds and heavy snowfall.

JEFF MCINTOSH/THE CANADIAN PRESS

# Coroner to identify last of missing victims

**Lac-Mégantic.** Coroner's office hopes to identify eight missing disaster victims before the end of the year.

The Quebec coroner's office spokeswoman Genevieve Guilbault says authorities are approaching the final step in their work to identify fragments of human remains found after the rail disaster in Lac-Mégantic.

Forty-seven people were killed in the Quebec town last summer when a tanker train carrying volatile crude oil derailed and exploded in the middle of the community.

Officials have confirmed the identities of 39 people who died in the fiery disaster that wiped out part of the



A police photo shows the damage immediately around the train explosion site in Lac-Mégantic, Quebec. POLICE HANDOUT

town.

Guilbault says the ongoing analyses are a last-chance effort because in some cases only a limited number of fragments are

suitable for testing.

She also says the intensity of the heat from the fire in the eastern Quebec town altered samples, further complicating the identification

process.

Guilbault says experts are working to confirm the identities at laboratories in Montreal, Thunder Bay, Ont., and Bosnia-Herzegovina.

## Read all about it. Brazeau lands himself new gig as Parliament Hill reporter

Suspended senator Patrick Brazeau has found work as a freelance reporter for the Halifax edition of Frank Magazine, despite having no prior journalism experience and a track record of Twitter trouble. There's also the matter of his impending trial over charges of assault and sexual assault.

Brazeau openly solicited work on Twitter after he and fellow senators Mike Duffy and Pamela Wallin were suspended in early November over their questionable expense claims.

The satire and gossip maga-

zine — not to be confused with the entirely distinct Ottawa version of the same name — announced its newest hire Monday.

Brazeau dropped off his application for accreditation to the parliamentary press gallery in person Monday afternoon. It will now fall to the press gallery's board of directors to decide whether or not to accredit Brazeau. If it does, he will be granted a pass that allows him to roam freely through some of the corridors of the parliamentary precinct.

THE CANADIAN PRESS



Patrick Brazeau applies for membership to the parliamentary press gallery at the National Press Building in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

### Manitoba

## Opposition leader wishes 'infidel atheists' a happy holiday

Manitoba's Opposition leader's holiday wishes to groups including "infidel atheists" has left online commentators divided as to whether the phrase was insulting or an awkward attempt at humour.

Brian Pallister gave a holiday message last week to a citizen journalist with a video camera. In the recording, which has thousands of views on YouTube, Pallister offers seasonal greetings to Christians, Jews and others.

"All you infidel atheists out there, I want to wish you the very best also," the Progressive Conservative leader says on the video.

"I don't know what you celebrate during the holiday season. I myself celebrate the birth of Christ, but it's your choice, and I respect your choice. If you wish to celebrate nothing and just get together with friends, that's good, too."

Pallister didn't directly apologize Monday. He asked for forgiveness while at the same time defending his use of the word infidel.

THE CANADIAN PRESS

Remember that dress you said you wouldn't be caught dead in?

Well... you might want to tell them now and ensure your final wishes are carried out.



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# Here come the Amazon drones!

**This is not a joke.** By 2018 the world's largest online retailer aims to deliver your order to your door via drone

Amazon.com is working on a way to get packages to customers in 30 minutes or less — via self-guided drone.

Consider it the modern version of a pizza delivery boy, minus the boy.

Amazon.com said it's working on the so-called Prime Air unmanned aircraft project in its research-and-development labs. But the company says it will take years to advance the technology and for the Federal Aviation Administration to create the necessary rules and regulations.

The project was first reported by CBS' 60 Minutes Sunday night, hours before

## The specs

Amazon CEO Jeff Bezos discussed the details of the drones in an interview.

- The drones can carry packages that weigh up to five pounds, which covers about 86 per cent of the items Amazon delivers.
- Amazon is testing the drones to have a range of about 17 kilometres, which could cover a significant portion of the population in urban areas.

millions of shoppers turned to their computers for Cyber Monday sales. Amazon CEO Jeff Bezos said in a prime-time interview that while the octocopters look like something out of science fiction, there's no reason they can't be used as delivery vehicles.

THE ASSOCIATED PRESS



This undated image provided by Amazon.com shows the Prime Air unmanned aircraft project that the online retailer is working on. AMAZON/THE ASSOCIATED PRESS



## It's my party and I'll ask for a UN designation if I want to

German beer brewers are seeking a 500th birthday present for their famed purity law: An official seal of approval as world heritage. The German Brewers' Federation said Monday it has applied to German officials and UNESCO, the United Nations' cultural agency, to have the purity law — the "Reinheitsgebot" — recognized by the UN as a piece of the world's "intangible heritage." The purity law dates back to 1516 and allows nothing but water, barley malt, hops and yeast for brewing. Germany boasts some 1,300 breweries and 5,000 brands of beer. MATTHIAS SCHRADER/THE ASSOCIATED PRESS FILE

Cost rose 6.9%

## On the 13th day of Christmas came the \$114,651 Visa bill

The price of lords-a-leaping and ladies dancing has spiked this holiday season, but other items mentioned in the carol The Twelve Days of Christmas still cost the same as they did

last year.

Buying one set of the gifts mentioned in each verse costs \$27,393 US in stores, or 7.7 per cent more than last year, according to the so-called Christmas Price Index that PNC Wealth Management updates annually. If you buy all 364 items repeated throughout the carol, you'll pay \$114,651 US — 6.9 per cent more than last year. THE ASSOCIATED PRESS

PHIL COLE/GETTY IMAGES FILE

## Market Minute

**DOLLAR**  
93.98¢  
(-0.18¢)

**TSX**  
13,419.57 (+24.17)

**OIL**  
\$93.82 US (+\$1.10)

**Natural gas:** \$3.97 US (+6¢)  
**Dow Jones:** 16,008.77 (-77.64)

**GOLD**  
\$1,221.90 US (-\$28.50)

## Calling for \$15/hr. Can I get a living wage with that fast-food job?

Fast-food workers in about 100 U.S. cities will walk off the job this Thursday, protest organizers say, which would mark the largest effort yet in a push for higher pay.

The actions would build on a campaign that began about a year ago to call attention to the difficulties of living on the American federal minimum wage of \$7.25 US an hour.

Protesters are calling for pay of \$15 US an hour, although many see the figure as a rallying point rather than a near-term possibility.

It's not clear what the actual turnout will be, or whether the walkouts will



In August protests were held outside a McDonald's, with more demonstrations set for Thursday. THE ASSOCIATED PRESS FILE

be enough to disrupt restaurant operations. Similar actions this summer had varying results, with some restaurants briefly unable to serve customers and others seemingly unaffected. THE ASSOCIATED PRESS

## Flying. Pilots so reliant on automation they can fail to take control in mishap

Pilots are becoming so reliant on computer systems that do most of the flying in today's airliners that on the rare occasions when something goes wrong, they're sometimes unprepared to take control, according to aviation safety experts and government and industry studies.

Increasing automation has been a tremendous safety boon to aviation, contributing to historically low accident rates in the U.S. and many parts of the

world.

But automation has changed the relationship between pilots and planes, presenting new challenges.

Pilots today typically use their "stick and rudder" flying skills only for brief minutes or even seconds during takeoffs and landings. Mostly, they manage computer systems that can fly planes more precisely and use less fuel than a human pilot can. THE ASSOCIATED PRESS



The cockpit of Boeing's 787 Dreamliner is shown in this 2011 photo. Technology advances have changed the demands on pilots. PAT SULLIVA/THE ASSOCIATED PRESS FILE

## Internet sales

## U.S. Supreme Court won't wade into online-sales-tax tiff

On perhaps the busiest online shopping day of the year, the U.S. Supreme Court refused to wade into a dispute over state sales taxes for purchases on websites like Amazon.com, an outcome likely to prompt more states to attempt to collect taxes on Internet sales.

Monday's court action means "it might be the last Cyber Monday without sales tax," said Joseph Henchman

of the Washington-based Tax Foundation.

It's all part of a furious battle among Internet sellers, buyers, brick-and-mortar stores and states hungry for billions of dollars in extra tax revenue.

The high court without comment turned away appeals from Amazon.com LLC and Overstock.com Inc. in their fight against a New York court decision forcing them to remit sales tax the same way in-state businesses do. This could hurt online shopping in that state, since one of the lures of Internet shopping is the lack of a state sales tax. THE ASSOCIATED PRESS



# BLACK FRIDAY LEAVES A BLACK MARK

For five days straight my email inbox has received an uninterrupted deluge of sale announcements and promotional messages touting can't-miss markdowns on everything from leather jackets to hotel rooms to sushi platters.

From Black Friday Eve (previously known as American Thanksgiving) through to Cyber Monday, my cellphone has served as an annoying reminder of our collective obsession with discounted consumer goods and my own inability to remove myself from email lists.

You'd think Canadians would have been spared from this fabricated "holiday." But even though our Thanksgiving came and went over a month ago, Canadian retailers just had to get their own slice of that profitable retail pie. Wait—I should probably avoid "pie" references as they might conjure up images of families spending time together, when in fact 'tis the season for saving 40 per cent off flat-screen TVs.

I get it, stuff is expensive, and when that same stuff becomes not so expensive for a limited time, it's tempting to try and cash in on those savings. But the whole Black Friday thing has gotten out



**SHE SAYS**

**Jessica Napier**

metronews.ca

of control.

How does a simple holiday sale transform an average group of people into a stampeding herd who will stop at nothing to validate their self-worth through the accumulation of designer clothing and brand-name electronics?

In 2008, a 34-year-old Walmart employee died in Long Island after being trampled to death by hordes of impatient shoppers waiting to enter the store.

One of the worst things about this heinous event is that the bargain hunters—upon hearing the news of the man's death—just kept shopping. The same thing happened again in 2011 when shoppers walked over a 61-year-old man's collapsed body at a Target store in West Virginia.

According to blackfridaydeathcount.com—a morbid website that tallies the number of deaths and injuries related to Black Friday shopping events—there have been seven deaths and 90 injuries recorded since 2006. It's sickening to think that we've come to accept tragedies as just another part of this annu-

**Blackfridaydeathcount.com**

**There have been seven deaths and 90 injuries recorded since 2006.**

al ritualistic display of mass consumption.

Why do we continue to support a tradition that puts a price on a human life, especially when that dollar amount is a mere \$35 off a Blu-ray player?

Sorry to get a bit sentimental, but what I really want for Christmas this year doesn't have a price tag on it. I want us all to start acting less greedy and much more humane. I want to live in a world where, if people see a man fall, they help him get back up rather than brutally crushing him to death as they lunge at 2-for-1 Lego box sets.

Watching clips of savage shoppers mauling one another in the electronics aisle, I find myself wishing that this time of year could look more like the feel-good opening montage from Love Actually rather than a climactic scene from The Hunger Games.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# Satan Claus is coming to town



SEAN GALLUP/GETTY IMAGES

## Empty stockings should be the least of your fears

Revellers in Austria wear demon outfits while girls dress as angels prior to the annual Krampus night. The event honours Krampus—who, according to folklore, is the demon-like companion of St. Nicholas—who whips bad children with birch branches. **METRO**

## Devil-may-scare

Krampus is represented by a hand-carved wooden mask with animal horns, a suit made from sheep or goat skin and large cow bells attached to the waist. In recent years, Tyrol has seen the founding of village Krampus associations with up to 100 members each who parade without St. Nicholas at Krampus events in November and early December.

**METRO**

## Krampus's pagan roots

- The European practice of donning beast-like costumes and performing folk plays can be traced back thousands of years to pagan times. Among the most common figures in these rituals were Old Man Winter and the horned Goat-Man—archetypes now found in the forms of St. Nicholas/Santa Claus, and the devil, a.k.a. Krampus.
- Since the 1800s, Krampus has been emblazoned on festive greeting cards, often with the message "Grüß Vom Krampus" ("Greetings from Krampus"). In this way, the Krampus acquired a campy, Santa-ized quality. In 2004, comics publisher Monte Beauchamp reintroduced Krampus cards to America nearly a century after their heyday.

## Clickbait



**ANDREW FFIELD**

andrew.ffield@metronews.ca

**Whether it's the holidays or vacations that have you squeezed for cash, December can be the perfect month to stay inside. Here's three games that should serve you well:**

### Lords of Waterdeep:

Build a network of agents and recruit adventurers to climb the ladder of power in Waterdeep, all while racing against your rival lords. Developed by Playdek, the simple mechanics and smooth multiplayer make it just the latest in an embarrassment of board game riches available on the App Store. A note to new players: The AI is merciless. Play through the tutorial and take your game to some human competition. (iOS/\$6.99)

watch it spread to take its place among history's most effective plagues. (iOS, Android/\$0.99)

### Mikey Shorts:

If you're looking for a time-waster that's a little less, the price has dropped on the excellent Mikey Shorts from \$0.99 to a crowd-pleasing zero cents. It's a simple sidescrolling runner that owes more than a little debt to Super Mario Bros. and just as addictive. (iOS/Free)

### Plague Inc:

Richly supported with updates since its 2012 release, the developers of this death-to-humanity strategy sim have just dropped a new scenario. Choose the country where you would like your pet pathogen to infect its first victims, then hone its lethal skills and hopefully



SCREENGRAB

## Letters

### Where's the Black Friday reporting?

I noticed while reading the Metro that there was zero reporting about the ridiculous behavior of people during Black Friday shopping. I was hoping considering last week's papers were bursting with flyers, full and extended pages of ads, that you would report \*\*anything\*\* about the injuries or deaths caused by selfish shoppers. Instead, nothing. I guess it's easier to take money for Black Friday advertising than give an opinion on the reprehensible human behavior that comes with it.

**Brian George Bowes, Toronto**

## Twitter

**Suspended Senator Patrick Brazeau gets a gig with political satire mag Frank. What other kinds of work should he take on?**

**@FrenchmanCanada:** He tried boxing and that didn't work really well. He should try wrestling, his twitter handle would make a great name: @TheBrazman

**@KevinCHamilton:** I think a career in satire really is the best thing for such an absurd person. Easier to explain away the crazy things he says.

**WE WANT TO HEAR FROM YOU:**

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



DVD review



The Hangover  
Trilogy

Director. Todd Phillips

Stars. Zach Galifianakis,  
Bradley Cooper, Ed Helms

Any definition of the law of diminishing returns should in future simply have an arrow pointing to the cover of this triple set. The Hangover arrived in 2009 as a hilarious original comedy/mystery directed by Todd Phillips and starring Bradley Cooper, Zach Galifianakis, Ed Helms and Justin Bartha. The high-concept story had the four actors as bachelor party attendees on a Vegas bender. Three of them awakened from a night of drunken frolics to discover the fourth guy, the groom, MIA and possibly in danger. Wacky clues and bizarre antics enliven their search, which did boffo box office biz. A sequel was a given, but few could have predicted the rinse-and-repeat rip that was The Hangover Part II in 2011, which essentially replayed the story in a more exotic locale, Bangkok. Expectations were low for The Hangover Part III this past summer, and those expectations were met. Phillips thankfully ditched the drunk-and-hunt plot, replacing it with a crime angle (John Goodman plays an angry gangster). But he also dumped most of the laughs. The first film remains good enough to almost forgive the two weak sequels.

PETER HOWELL

# Climb every mountain

**The Sound of Music Live!** Time is ticking for the cast of NBC's live production — a feat not attempted in more than 50 years

Maria, former would-be nun, is about to get married.

Starring as Maria in NBC's new version of The Sound of Music, Carrie Underwood is clad in her own T-shirt and leggings plus a wedding veil as she reverently steps through the bare-bones Manhattan rehearsal space while three dozen castmates, on their feet as if in church, sing How do you solve a problem like Maria?

Underwood's procession ends at the "altar" (marked by a music stand) to join her groom, Capt. von Trapp, played by jeans-and-sweater-sporting Stephen Moyer.

During this preliminary run-through a few weeks ago, much work clearly remained to get The Sound of Music Live! ready for airtime on Thursday, when it, along with everyone involved, will make history: More than a half-century has passed since a broadcast network has dared to mount a full-scale musical for live TV.

It would have been risky enough revisiting this Rodgers and Hammerstein classic on any terms. But this is no remake of the not-to-be-tampered-with Julie Andrews juggernaut, declares Neil Meron. Meron and longtime partner Craig Zadan are the telecast's Oscar-winning executive producers.

Instead, The Sound of Music Live! is the 1959 Broadway musical reimagined for TV, then given extra crackle with a



Carrie Underwood stars in The Sound of Music Live! on Thursday.

THE ASSOCIATED PRESS

live presentation.

Meron's message: Everybody knows The Sound of Music, or thinks they do from the 1965 film nearly everyone has seen. But relatively few fans are acquainted with the stage original. Drawing from it, The Sound of Music Live! is meant to feel familiar, yet at the same time come across as new and different.

Consider: Moyer with castmates Laura Benanti (as Baroness Elsa Schrader) and Christian Borle (as Max Detweiler) are rehearsing a couple of weeks later a saucy song titled How

Can Love Survive? This song will be brand-new to most viewers of the telecast — it was dropped from the movie.

"Plenty of nothing you haven't got. How can love survive?" Max tunelessly teases the wealthy Elsa, who, in her posh relationship with her fiancé, Capt. von Trapp, can never count theirs among "all the famous love affairs (where) lovers starve and snuggle."

This number, sung to an instrumental track recorded by a 40-piece orchestra, takes place on the sumptuous von Trapp

Where to watch it

- **Citytv.** The Sound of Music Live! airs on Thursday at 8 p.m. EST.
- **NBC.** Also begins the live show at 8 p.m. EST

terrace, complete with a fountain and a panoramic view of the Alps.

There are still no costumes — at the moment, Borle is wearing jeans and a Batman T-shirt — but by now the entire production has redeployed to a cavernous Long Island, N.Y., soundstage.

Grumman Studios' Stage 3, with square footage rivaling a football field's, is now home to the terrace, along with five neighbouring sets evoking pre-Second World War Austria including the abbey, a festival site draped with huge swastikas and the summit over which (spoiler alert) Maria, the Captain and his seven children pass to flee the Nazis at the musical's conclusion.

This will mark Carrie Underwood's first time in a major acting role. Despite her status as a multiplatinum country music superstar who rose to fame as the winner of American Idol in 2005, she is a rookie compared to the other stage veterans.

"Carrie is one of the bravest artists we've ever worked with," says Meron, who notes that she arrived two weeks before the production's six-week rehearsal began with her lines fully memorized, to get a head start.

"Every day," she says during a break, "I feel like I discover new things and how to go places in acting that I didn't think I could go."

THE ASSOCIATED PRESS

# 2 SCENE

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Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Britney Spears Work Work
- 5 Pitbull ft Ke\$ha Timber
- 4 Hedley Anything
- 3 Lady Gaga ft R Kelly Do What U Want
- 2 Eminem ft Rihanna The Monster
- 1 Miley Cyrus Wrecking Ball

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# Gerry Dee is lonely at the head of the class

**Light on Canadian laughs.** Star of Mr. D holds out hope that more scripted comedies are on tap

CBC sitcom star Gerry Dee is feeling a bit lonely.

The standup comic-turned-TV personality says there aren't enough Canuck comedies on the tube and it's especially tough for half-hour laughers to find success.

Dee says he was disappointed to see CTV's Satisfaction conclude after just one season, but is hopeful for upcoming arrivals, including CTV's Dave Foley project, Spun Out.

"If we keep having shows cancelled it's certainly not incentive for networks to go, 'Let's keep doing this,'" Dee said at a recent CBC event to launch its winter lineup, including Dee's Mr. D.

"We've got to get these shows more successful and keep them on the air. Because

otherwise Canadian comedies are going to go by the wayside and they're going to hire American shows."

Dee notes that his high school comedy Mr. D is the only scripted sitcom on CBC's winter schedule. But he understands why the public broadcaster might be more willing to gamble on an hour-long drama or reality show than a quirky sitcom.

He notes that comedy is inherently subjective, while "drama is drama."

"People aren't talking about comedies, they're talking about dramas. They're the ones that bring the numbers in," he says, adding he's glad to see City's recent half-hour arrivals Package Deal and Seed.

"Comedy is not easy and I think the people that run these other shows are finding that, too. The numbers aren't great on any of the comedies in this country. And when the numbers are low, you get cancelled and that's the pressure we have on a weekly basis."

Dee's Mr. D co-star Darrin Rose is among several comics with development deals for

## Quoted

**"We've got to get these shows more successful and keep them on the air."**

Gerry Dee on the state of Canadian scripted comedy

prospective sitcoms. Rose's CTV venture Chasing Manhood is an ensemble comedy inspired by his stand-up material.

The network says it's also considering the 20-something comedy We're Adults Now, from Kids In the Hall member and Less Than Kind showrunner Mark McKinney; a multi-cam friends comedy called The Team from Little Mosque on the Prairie writer Rob Sheridan; the half-hour dramedy The Lainey Gossip Project inspired by eTalk correspondent Elaine Lui's celebrity website LaineyGossip.com; and untitled projects from Corner Gas writer Paul Mather and Community scribe Vera Santamaria.

Over on Global, hopes are high for the green-lit comedy



Gerry Dee says there are plenty of changes in store in the new season of Mr. D, which starts in February. CONTRIBUTED

Working the Engels, with Andrea Martin and Benjamin Arthur as members of a debt-laden family who take over the deceased dad's storefront law firm.

Mr. D kicks off its third sea-

son in February with several changes in store, says Dee.

This time around, the bumbling Gerry gets a shot at teaching phys-ed and is excited to finally be in his element. But of course, noth-

ing really goes well for him, says Dee, who serves as both showrunner and star.

"He just knows his stuff in phys-ed, (but) it doesn't make him a good teacher," he notes.

THE CANADIAN PRESS

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Two familiar faces come out to the social media sphere

PAT HEALY  
Metro World News

British Olympic diver Tom Daley and actress Maria Bello took to different forms of media this weekend to reveal new same-sex relationships in two heart-felt confessionals.

Daley took to YouTube to officially come out, telling fans that he has been dating a man for most of this year.

"This has been a hard decision to make, but I wanted you to hear this from me," the 19-year-old athlete says in his video. "In spring this year my life changed massively when I met someone, and they make me feel so happy, so safe, and everything just feel great. That someone is a guy. It did take me by surprise a little bit. It was always in my head that something like that could



happen, but it wasn't until spring this year that things just clicked. It felt right and I thought, 'OK,' and my whole world changed there and then."

Meanwhile, Bello came out in a first-person essay in the New York Times' Modern Love titled, Coming Out as a Modern Family. "She was one of the most beautiful, charming, brilliant and funny people I had ever met, but it didn't occur to me, until that soul-searching moment in my garden, that we could perhaps choose to love each other romantically," she wrote about finding her new girlfriend, Clare. Soon, the two "began the long, painful, wonderful process of trying to figure out what our relationship was supposed to be."

Jackson, Bello's 12-year-old son from a previous relationship, took his mother's new relationship in stride. When she told him about Clare, "He looked at me for what seemed like an eternity and then broke into a huge, warm smile. 'Mom, love is love, whatever you are,'" she wrote.



Paul Walker

## Investigation into Walker's death unearthing unsettling details: TMZ

Details continue to emerge about the car wreck that killed Fast and Furious actor Paul Walker and his business partner, Roger Rodas, on Saturday. TMZ.com reports that cops are looking into the possibility that Walker and Rodas were drag racing when their Porsche exploded after first hitting a tree and then a lamppost. The area where they died is a well-known racing strip. In fact, the site reports that fans are "doing dangerous burn-outs, donuts and other high speed stunts" at the death site in me-

morium of Walker. Meanwhile, production for Fast and Furious 7 "won't be scrapped," sources close to the production tell The Hollywood Reporter. The production has been underway in Atlanta, taking a break for the Thanksgiving holiday, and was scheduled to head to Abu Dhabi in January. Sources say production will be "delayed" as director James Wan and studio executives figure out how to re-work the project and "how to proceed in a manner that would be respectful to Walker's death."

## You had me at merengue: Will Renee dance her way onto reality television?



Renee Zellweger

Renee Zellweger may be heading to television — and not in the way you'd expect. The actress is being considered by producers of Dancing with the Stars to head up a season of competitors made up of Oscar winners, according to Radar Online. "The producers are fixated on Renee in part because she hasn't done much dancing at all since Chicago more than 10 years ago, and

there's this real mystery about her and what she's up to," a source says. "They keep raising the amount of money they are willing to give her in the hopes that she'll say yes, and the theory is that if they can get her to sign on, then it would attract some other really prominent Oscar-winning stars — who wouldn't normally do reality TV — to fall in step."

## Who gets to party with Kate at her fantasy fete?

Everything's coming up Kate Moss this week.

First up, the supermodel, who turns 40 next month, was honoured at the British Fashion Awards in London on Monday where she won a special award for her 25 years in the fashion world.

Secondly, her hotly-anticipated issue of Playboy, which also celebrates the magazine's 60th anniversary, hits stands in the U.S. on Friday. The 18-page spread features a Q & A with Moss and Tom Jones. Jones just lobs softballs at the model (as you should when someone is naked) with such questions as, "Who would be on your ultimate guest list?" The model replies, "Jack Nicholson, [photographer] David Bailey, Stevie Nicks, Catherine Deneuve, Joan Collins — love! She texted me the other day. I could not believe it. 'Hi, it's Joan Collins.' I was like... [mimes dying-of-shock], My husband, because it would be mean if I didn't invite him. And Hugh Hefner, obviously."

## Rubbin Domestic Medium Hair

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# What cha' know about the not-so-new tea trend matcha?

**Good for you.** It's been called the Superman of green tea, but what exactly does it do to help you in your day-to-day life?

**MAJA LUNDAGER PEDERSEN**  
Metro World News

One hundred thirty times — that's how much the super-trendy, super-old Japanese matcha tea is supposed to beat regular green tea with when it comes to antioxidants. But what does that really mean? And is there a purpose for including a teaspoon of the — some would say not exactly tasty — matcha powder?

"I definitely think matcha can help prevent (illnesses) and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea and research shows that the antioxidants (more precisely, catechins) in it reduce the risk of cancer. Furthermore, green tea contains serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism. But Berman is hesitant to tout it as a cure-all.

"I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

## Making sense of matcha



If you find this wonder tea a tiny bit too expensive, Berman recommends you instead ask for a really high quality of green tea. You will probably get a lot of the same benefits from it, she says.

- Where is it grown? Matcha

only grows in Japan.

- Why drink it? It's known as a mood enhancer because of its amino acid content.

- Pricey? The softer matcha is, the more expensive it is.

One of the reasons why matcha is making waves more than normal green tea is the way it's brewed.

"Matcha is a powder and it's the entire leaf, versus brewing leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

Matcha contains caffeine, too, and Berman doesn't recommend going over four or five cups a day, or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion must be

that matcha is worth a try, but one question still remains. Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just regular green tea?"



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Smoking

## Quit now, reduce your health risks

People who quit smoking reduced their risk of developing heart disease, heart attacks, strokes and dying from cardiac arrest to the same levels as those people who never smoked, according to a new U.S. study.

Previous research found that it may take up to 15 years or more after quitting for smokers to regain cardiovascular health to that of people who never smoked. This study found many smokers, on average, reduce their risk within eight years. The research was presented at the American Heart Association's Scientific Sessions 2013.

"It's good news," says Dr. Ali Ahmed, M.P.H., professor of cardiovascular disease at the University of Alabama at Birmingham's School of Medicine. "Smoking is the most preventable cause of early death in America. If you smoke, quit and quit early." **METRO**

# Want to watch your weight? Keep your home very toasty

**Body science.** New research flips common thinking on its head as they find a healthy body weight is linked to those who live in warmer homes

**MEREDITH ENGEL**  
Metro World News

The secret to keeping your figure during the holidays may have nothing to do with your dinner plate.

Researchers at the University of Stirling Behavioural Science Centre in Scotland have found that people living in well-heated homes have lower BMIs (body mass indices) levels than those in the Northern Hemisphere without adequate heating.

The scientists studied

10,000 people with central heating over a 13-year period.

Their research, they say — which included age, gender, social class and other factors — turns a popular notion on its head.

"We set out to investigate the scientific claims that cooler indoor temperatures help us maintain a healthy weight by pushing our bodies to expend more energy through shivering and generating heat through tissues," says behavioral scientist and senior lecturer Dr. Michael Daly.

"In fact, the research suggests people may eat less and burn more energy when residing in a warmer indoor environment."

So what's the magic number for your thermostat?

"We ... found reduced weight levels among people living in homes heated to above 73.4 degrees Fahrenheit (23 Celsius)," Dr. Daly says of the research.



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Best Health

## Do you know the difference in diabetes?



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

More than nine million Canadians, or one in four, are living with diabetes or prediabetes, and the number is expected to rise to one in three by 2020. Many people don't realize that there is a big difference between Type 1 and Type 2 diabetes. In the November/December issue of Best Health, we asked Dr. Jan Jux, chief scientific advisor of the Canadian Diabetes Association, to explain.

### Type 1

About 10 per cent of people with diabetes have Type 1. Although its cause remains unknown, people who have a family history of diabetes are considered at a higher risk of developing it. It usually begins in childhood and occurs when the body is unable to produce insulin, a hormone that controls the level of glucose in the blood.



Those affected require insulin therapy, which is injected by pen, syringe or pump. People with Type 1 diabetes have to keep their blood-glucose levels in the target range. To measure levels, they can use a portable glucose meter that usually works by pricking a fingertip to draw a drop of blood. Until a cure is found, this is a lifelong process.

### Type 2

This is the most common type of diabetes: Among Canadians with the disease, approximately 90 per cent are affected by Type 2, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin it produces. As a result, sugar builds up in the blood instead of being used for energy. Type 2

diabetes usually develops in adulthood, although increasing numbers of children and adolescents are being diagnosed.

People with Type 2 diabetes may be prescribed medications, and may also have to monitor their blood-glucose levels. While a healthy lifestyle is beneficial for everyone, it is especially important for people who are at high risk for diabetes because of inherited factors. Increasing consumption of fruits and vegetables, eating whole grains, limiting portion size and increasing physical activity to maintain a healthy weight may reduce the risk of Type 2 diabetes.

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## Food dangers. Sushi linked to increased risk of cardiovascular issues

Eating sushi can increase the risk of cardiovascular disease, according to a study published in the Journal of Risk Research.

This was one of many unhealthy aspects to excessive fish consumption, which is thought to lead to dangerous methylmercury exposure in humans, researchers say.

Mercury can cause neurodevelopmental deficits, poorer cognitive function and increased rates of cardiovascular disease.

The study also notes that higher levels of methylmercury can be detrimental to the heart and the health-protective effects of omega-3 fatty acids found in fish.

Tuna sashimi was found to contain the highest levels of methylmercury in fish samples taken from across the U.S.

The study found that 92 per cent of partici-

pants ate an average of five fish and fish-sushi meals per month, and that the top 10 per cent of all participants exceeded the Center for Dis-

ease Control Minimal

Risk Level and

the World

Health Or-

ganization

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Weekly

Intake of

methylmer-

cury. **METRO**



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# Huevos Rancheros: Brunch in Mexico without leaving home



This recipe serves two. COURTESY PRESIDENT'S CHOICE

Huevos Rancheros is a popular Mexican breakfast or brunch dish consisting of eggs.

Using egg whites instead of whole eggs in traditional egg dishes such as Huevos Rancheros saves you cholesterol, fat and calories. They also cook up fluffier than whole scrambled eggs.

1. In medium nonstick frying pan, melt butter over medium heat; cook onion for 4 to 6 minutes or until softened. In large bowl, whisk egg whites until very frothy; whisk in salt and pepper and add to pan with onions. Cook for 2 to 4 minutes, occasionally lifting eggs and allowing uncooked egg white to flow underneath, or until egg is set on bottom.

2. Meanwhile, in small saucepan cook salsa, tomatoes and beans over medium heat until hot.

3. Sprinkle cheese over eggs

and turn egg whites over, scrambling them slightly. Divide cooked egg whites between two dinner plates. Top with salsa mixture. Sprinkle with coriander. Serve with warmed whole wheat tortillas, if desired.

COURTESY PRESIDENT'S CHOICE

## Ingredients

- 1 tbsp (15 ml) unsalted butter
- 1/2 cup (125 ml) chopped red onion
- 1 cup (250 ml) PC Blue Menu Egg Whites
- 1/8 tsp (0.5 ml) each salt and freshly ground black pepper
- 2/3 cup (150 ml) PC Avocado and Key Lime Salsa
- 1/2 cup (125 ml) quartered cherry tomatoes
- 1/3 cup (75 ml) rinsed and drained canned black beans
- 1/3 cup (75 ml) light cheddar shredded cheese
- 2 tbsp (25 ml) chopped fresh coriander

## Health Solutions

### Mr. Sunflower, bring me butter



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Sunflower butter is not made from a nut. It is a seed, which makes it school approved. (Sometimes. You better check!)

Sunflower seeds are mildly anti-inflammatory due to their high mineral and antioxidant content but without sugar, the spread can be a tiny bit more bitter than the more typical peanut butter.

Fear not, here are some ways to enjoy it:

- Spread with honey and banana to provide a balanced snack.

- Dip dried fruit into a table-

spoonful.

- Use in place of peanut butter in cookie recipes. You will not notice the difference.

- Add to smoothies to bump up protein and good fats.

- Use in place of tahini for making hummus.

Each time you add a different food, you are adding different nutrients, and your body needs a wide range of every kind.

Go beyond wheat crackers and try quinoa or brown rice crackers to balance out the amino acids. Pairing a nut or seed with a whole grain makes a complete protein. Be brave!

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Different types

### OMG: The truth about boredom

When dozing off in a classroom or office, you may think it's your fault but you would be wrong. There are clear categories of boredom triggered by your environment, says German pioneering researcher Dr. Thomas Goetz.

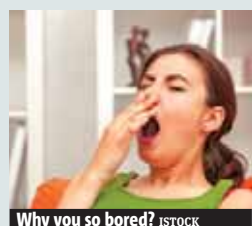
**Indifferent boredom:** A relaxing, possibly positive type – “a general indifference to, and withdrawal from, the external world”

**Calibrating boredom:** Wandering thoughts – “general openness to changing the situation”

**Searching boredom:** “Seeking out specific ways of minimizing boredom”

**Apathetic boredom:** Impossible to break from this mode – “dangerous, similar to depression”

KIERON MONKS/METRO



Why you so bored? ISTOCK

# Managing meltdowns: Tips on tackling your kids' Xmas tantrums

## Match expectations. If you mean business with them at home, don't change a thing when you all go to the mall together

With the arrival of the holiday season comes the inevitable spike in shopping excursions and social gatherings — and with them, potential opportunities for children to act out.

Navigating through crowded aisles and packed parking lots can be stressful enough. But contending with a youngster having a meltdown in the mall is enough to fray the nerves of even the most mild-mannered parent.

“Tantrums are about power struggles and attention,” said Natalia McPhedran, an Ottawa-based children's coach and author of *Life With Kids — Empowering Our Children To Be Ready For The Real World*, due out in December. “If we

use techniques at home that avoid the power struggles, I think that you're halfway there by the time you get to the mall because they know: ‘OK, Mom means business.’”

McPhedran — a mother of two — outlines expectations prior to a shopping trip. That includes specifying the purpose of the visit to ensure youngsters don't get sidetracked.

“For example: ‘Today, we're just going to get this and this and this and this. Don't even ask me for chocolates, don't ask

me for candy, don't ask me for toys. You can look, but you can't touch, because today we're not buying that,’” said McPhedran. “If you're consistent with following through with other things at home, they know that you mean business when you say something.”

“You've already given them that pre-set expectation at home. When they get to the mall, they know that you're also going to follow through there.” Once kids know the expectations, McPhedran said it's still good to have rules making kids aware of what they can do.

“Once you get there, let's say: ‘Let's go in the toy aisle and let's go and look at all the cool stuff they have. Tell me what you like and we'll see what Santa can do,’” she said. “I remember we used to walk through the toy

**Even if they freak out, you should remain calm at all times. ISTOCK**



## Festive distractions

- **Keep 'em busy.** “Christmas is a great way to get them involved — decorating, cleaning, vacuuming. If you're going to have a big dinner, say: ‘This is going to be your job.’ How awesome do kids feel when you give them a task, like just making the name tags for the place settings?”

section of Zellers when I was little and we never walked out with stuff every time we went.”

In the event a tearful tantrum still ensues, McPhedran said the source of unhappiness is usually due to one of three things: hunger, fatigue or a desire to be heard. Rather than reacting in anger to the outburst, she suggested an alternative approach.

“You have to keep your calm as well. Because if you freak out also, then that just gives them even more attention and more people look,”

said McPhedran, mother to an 11-year-old daughter and nine-year-old son. “Come down to their level, calmly say: ‘We are not having this right now.’”

McPhedran said adults should recognize their child's feelings, such as those of anger at parents for not purchasing a particular item. But they should then remind kids of initial pre-warning that buying goods for them wasn't a part of the day's agenda.

Similarly, when it comes to attending a party or family gathering, establishing and articulating ground rules beforehand is pivotal.

“If they know what to expect and they know what you expect of them, then the behaviour should just follow,” said McPhedran.

“Before I leave the house, I would say: ‘Listen, make your aunts and uncles proud. Show them that you know how to behave when you go to (an event) like this. And make yourself proud and feel good about yourself.’”

THE CANADIAN PRESS



# PLAN FOR SUCCESS



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## FOCUS ON THE PROCESS OF EXAM PREPARATION

Andrea Moon, a learning strategist at Ryerson University, offers these tips for students when preparing for exams.

- 1** Motivate yourself to start. It is often useful to start with a “pre-studying” planning task, whether it is organizing your lecture notes, making cue cards or outlining a checklist of what needs to be reviewed. This way, you gradually prepare yourself for your study sessions, but also have a better idea of what material you know well and what material requires more attention.
- 2** Create a study plan. After you have a better sense about the amount of material that needs to be studied, determine how much time you need to spend on each area and break your time down into manageable shifts. For example, if you have one week to study five chapters, you can commit to studying one chapter a day, and use the remaining two days for review.
- 3** Avoid cramming. Pulling all-nighters is not an effective way of studying. Instead, space your study sessions. If you spread your study sessions across several weeks, you can process the information more efficiently.
- 4** Apply your knowledge. Use what you have learned before you forget it. Trust what you know, and practise interacting with the information. Make connections be-

tween the things you learned instead of just memorizing facts — try to link what you are studying to real-life situations.

- 5** Choose your study space wisely. Study somewhere you know you will be productive and will be faced with fewer distractions. Equip yourself with any tools you will need (laptop, books, cue cards, pens) as well as water and a snack in case you get hungry.
- 6** Banish smartphones and tablets. If you tend to be distracted by these items, remove them from your study zone while you are hitting the books. Turn off your phone and log out of social media sites.
- 7** Schedule study breaks. Instead of letting distractions take you by surprise, take control of them by planning short breaks between your study sessions. Fifteen to 20 minutes of walking, playing chess, or kicking around a soccer ball will help you work other parts of your brain, and you will feel more refreshed and alert when you return to studying.
- 8** Stay positive. Give yourself a little pep talk when you are lacking confidence. Instead of focusing on negative outcomes, remind yourself that your efforts have already brought you this far and that they will continue to move you forward.

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The 10-week part-time day or evening program is offered four times per year.

"It is perfect for students with busy schedules as all of the 17 different levels are offered on all the days of



CONTRIBUTED

the week and during four different time slots," says Neda Ghaferi, French language training adviser at Université Sainte-Anne.

Ghaferi says learning French can satisfy the requirements of bilingualism in the current job market.

"With the current 5,000 bilingual position opportunities with the federal government, this program satisfies one of the key requirements," Ghaferi says.

For more information about the full-time and part-time French programs at the Halifax campus, visit [usaintanne.ca/group-training-halifax](http://usaintanne.ca/group-training-halifax).



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For more information about Success College, visit [successcollege.ca](http://successcollege.ca).

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# MARITIME BUSINESS COLLEGE IS A PIONEER

Consistent with its mission of being a pioneer in the field of business, Maritime Business College features expertise in the following business areas — small business management, travel and hospitality, and accounting. These three programs have been designed so that a two-year program can be completed in 45 to 52 weeks.

The small business management program is designed for people who want to work in small, entrepreneurial companies and prepares people for setting up and

managing their own business.

“Working in a smaller company is rewarding because you gain valuable experience working in a variety of different disciplines,” says Janice Currie, director, Maritime Business College.

The new travel and hospitality program will prepare students for a wide range of rewarding and challenging careers in the \$1.8-billion travel and hospitality industry in Nova Scotia. Students participate in a familiarization trip to a sunny international

destination and can complete their diploma in just 45 weeks.

For those who love a job with a clear process, have a knack for numbers, and pay great attention to detail, consider a job in accounting. “Our program carries on this long tradition and helps meet the demand for people who can create and interpret the financial data necessary for day-to-day decision making,” Currie says.

For more information, please visit [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca).

## START YOUR NEW YEAR OFF RIGHT WITH NSCC

New year’s resolutions could mean different things for different people.

For some, it could mean improving their health, bettering relationships or going back to school to learn a new skill.

For anyone looking to start a new business, learn a new language or even upgrade current marks, Nova Scotia Community College (NSCC) offers dozens of part-time, evening, weekend and online courses to satisfy everyone’s

new year’s resolutions.

NSCC has scheduling options that will suit your lifestyle; during the day, at night, or online to get the flexibility you need to succeed.

Cynthia Kabongo, a married mother of two, found the LPN: Re-entry to practice program at NSCC the perfect fit for her busy life.

While working a demanding full-time job, flexibility was the most important factor for Kabongo.

“I’ve taken most of my classes online, which has been very convenient,” she says. “It’s been busy and quite stressful at times but I’m doing well and I’m very proud of my achievements.”

Registration for winter programming is now open with courses and programs beginning in January.

For more about the programs and courses offered at NSCC this winter, visit [nsc.ca/learning\\_programs/coned](http://nsc.ca/learning_programs/coned).

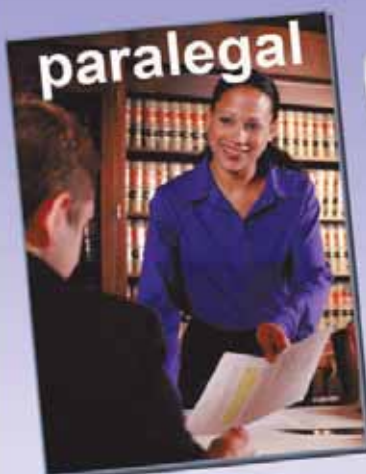


SYDA PRODUCTIONS/COLOURBOX

LEARNING CURVE

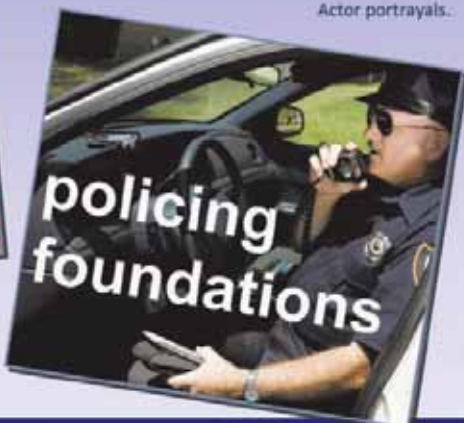
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# Stay clear of these kiddie cash grabs

Before you head to Toys “R” Us in search of the best prezzies to give this holiday season, check out the list of the worst toys according to the Campaign for a Commercial-Free Childhood. This is the fifth annual year the CCFC is releasing its popular “worst” list, and you can vote for the winner on the organization’s website, [commercialfreechildhood.org](http://commercialfreechildhood.org). At right are the five finalists. **METRO**



## Monopoly Empire

The Monopoly franchise sold out this year with the release of Monopoly Empire, which is basically a way to advertise to kids. Players compete to buy Coca-Cola, Samsung and other brands instead of properties. Even the game pieces are ad-based: kids can be McDonald’s french fries or an Xbox controller. It’s product placement at its worst.

## iPotty

Meant to teach toddlers how to use the toilet, the iPotty features a tablet holder that lets kids play games and watch videos while on the potty. Great, so your kids will finally want to go to the potty, but only to play. Shouldn’t the bathroom be the one place where kids don’t need electronics?



## The Real Tooth Fairies VIP Upgrade

The tooth fairy gets a fashionista spin with this virtual game. Kids can use their “sparkle dollars” to buy their tooth fairy a closet full of outfits — there are over 200 to choose from — and plan parties. And the dollars parents spend on this game are very real at \$59 US per year.

## Imaginext Mega Apatosaurus

If dinosaurs had the benefit of armour and cannons, like this toy does, they might still be around. The battery-powered Apatosaurus can walk and fire without kids even touching it. No playing or imagination necessary!



## Play-Doh Create ABCs App

Um, sorry, but what fun is Play-Doh when you can’t smell it, feel it or mold it? The Play-Doh app lets kids choose what they want to make, but when all you are doing is sliding electronic Play-Doh into a mold, it takes away all of the creativity and fun.

# What’s growing in your veggie drawer? A big pile of potential monthly savings

**Home economics.** Get to know the inside of your refrigerator, and you’ll find it’s easier to use up leftover food



**YOUR MONEY**  
Alison Griffiths  
[money@metronews.ca](mailto:money@metronews.ca)

My oldest daughter, Claudia, who just gave birth to grandson number two, has been coping with all the usual challenges — spit ups, endless laundry and sleepless nights. However, as she burps, rocks, changes and does it all again, a happy fact has emerged. She is saving money.

A drop in income during maternity leave usually places tremendous financial pressure on young families. However, my daughter triumphantly reported that her family of four is in better financial shape than ever before. And it’s largely because of the refrigerator.

During those sleepless pat pat, jig jig, feed, change

and rock-for-hours nights, she started organizing the fridge. There she discovered a cornucopia of meals. Veggies, fruit, leftovers and bits of this and that stored in the fridge or freezer started her thinking about using it all up before the green fuzzies or freezer burn attacked.

What started out as something to kill time when she couldn’t sleep turned into a habit of fridge and freezer cruising. Once she got the hang of coming up with meals based on items she had on hand, the habit quickly became ingrained. As a result, she finds it far easier to put together dinner, no matter how tired she is, and she’s discovered all kinds of new ways to use a cup of rice or a few slices of ham.

In fact, in the nearly two months since baby George arrived they haven’t resorted to takeout once. Even better, neither she nor her husband feels deprived. Far from it. They feel empowered, as in, “I am in control of my fridge!”

Perhaps best of all, waste has been reduced to almost nothing, which in turn has taken a nice bite out of

## Looking for leftovers

What started out as something to kill time when she couldn’t sleep turned into a habit of fridge and freezer cruising.

the grocery expenditures. Claudia figures she is saving around \$200 a month.

An Internet search turns up hundreds of excellent leftover ideas. One of the best resources is [bigoven.com/recipes/leftover](http://bigoven.com/recipes/leftover). Choose up to three ingredients or flavours and a host of recipes appear. I picked bell pepper, brown rice and black beans, which resulted in some terrific ideas to use up three items in my fridge.

Most of us have a group of ingredients that regularly end up as leftovers, eventually to be thrown out. With an arsenal of recipes that use those ingredients, it will become fairly easy to whip up an eco-friendly, money-saving meal.

Eat and save money! Thanks Claudia.



When you spend time going through your refrigerator and freezer, you’re more likely to actually use up the food you’ve bought before it goes bad. ISTOCK



#### Canada invitees

- **Goalies.**  
Zachary Fucale, Rosemere, Que., Halifax (QMJHL); Jake Paterson, Mississauga, Ont., Saginaw (OHL).
- **Defencemen.**  
Chris Bigras, Woodland Beach, Ont., Owen Sound (OHL); Mathew Dumba, Calgary, Minnesota Wild (NHL); Aaron Ekblad, Belle River, Ont., Barrie (OHL); Josh Morrissey, Calgary, Prince Albert (WHL); Adam Pelech, Toronto, Erie (OHL); Derrick Pouliot, Weyburn, Sask., Portland (WHL); Griffin Reinhart, West Vancouver, B.C., Edmonton (WHL); Damon Severson, Melville, Sask., Kelowna (WHL).



Mathew Dumba GETTY IMAGES

- **Forwards.**  
Josh Anderson, Burlington, Ont., London (OHL); Jonathan Drouin, Huberdeau, Que., Halifax (QMJHL); Frederik Gauthier, Mascouche, Que., Rimouski (QMJHL); Felix Girard, Levis, Que., Baie-Comeau (QMJHL); Bo Horvat, Rodney, Ont., London (OHL); Charles Hudon, Boisbriand, Que., Chicoutimi (QMJHL); Scott Laughton, Oakville, Ont., Oshawa (OHL); Curtis Lazar, Vernon, B.C., Edmonton (WHL); Taylor Leier, Saskatoon, Portland (WHL); Anthony Mantha, Longueuil, Que., Val-d'Or (QMJHL); Connor McDavid, Newmarket, Ont., Erie (OHL); Nic Petan, Delta, B.C., Portland (WHL); Sam Reinhart, West Vancouver, B.C., Kootenay (WHL); Kerby Rychel, Tecumseh, Ont., Windsor (OHL); Hunter Shinkaruk, Calgary, Medicine Hat (WHL).



Connor McDavid  
TORSTAR NEWS SERVICE



Jonathan Drouin will be looked upon to help lead Team Canada's offensive charge. JEFF HARPER/METRO



Zach Fucale, shown participating at Team Canada's summer camp, will be fighting for the starting goalie position. BRUCE BENNETT/GETTY IMAGES

# Moose duo locked in for Team Canada

**World juniors.** Drouin, Fucale named to world junior selection camp



ANDREW RANKIN  
andrew.rankin@metronews.ca

After learning he cracked Team Canada's world junior roster on Monday afternoon, Zach Fucale shared a moment's celebration with his dad.

Then, it was back to business.

The Halifax Mooseheads No. 1 netminder headed off to the Metro Centre for an on-ice session with the team's goalie coach Eric Raymond.

As expected, the Rosemere, Que., native and Mooseheads forward Jonathan Drouin were among the 25-player camp roster unveiled by Hockey Canada Monday afternoon.

But even Fucale was a little surprised that only he and Jake Paterson got the call in

#### Coach weighs in

## Sutter expects big things from Herd duo

Team Canada's head coach didn't mince words in his evaluation of the reigning CHL player of the year, or his importance to the team.

"Obviously he's a skilled player," Brent Sutter said of Mooseheads forward Jonathan Drouin. "He plays the game at a high pace, he's got talent, good experience. He's certainly an elite player on our team. He's someone who we value very highly."

As for who will lead Team

Canada between the pipes, Sutter said he's not currently leaning toward either Mooseheads backstop Zach Fucale or Saginaw Spirit goalie Jake Paterson.

"(Fucale will) be evaluated as we go through our camp here in Toronto and our exhibition games once we get overseas," Sutter said.

Team Canada goaltending consultant Fred Brathwaite said he's looking forward to the contribution Fucale will bring on and off the ice.

"Just the way he carries himself on the ice, he has a lot of potential for us," said Brathwaite. "He's going to give us a lot of confidence."

"As a goalie you want to be in those situations," said Fucale. "You always want to be able to make the difference."

Camp opens Dec. 12 in Toronto, and only two forwards and one defenceman will be

cut before the tournament begins on Boxing Day in Malmo, Sweden.

"It's a short tournament; you have to keep your focus," said Fucale. You have to make sure you're at your best every night. There are no second chances."

Drouin will be among 15 forwards invited to camp, and will undoubtedly make the team as a returning player.

He knows more will be expected of him this time around.

"I've gotten stronger, more experienced," said Drouin. "I know what I'm getting into this year. We're after a gold medal"

While Drouin is hoping to step up his game, he's also focused on playing within himself.

"I'm preparing the same way I'm preparing for this season. It doesn't change. It's the same game. There are a lot of skilled forwards on that team and we'll have to produce the way we're producing right now."



# Jokinen helps Jets cool Rangers' rookie

**NHL.** Ex-Blue Shirt returns to New York and pots two goals, an assist

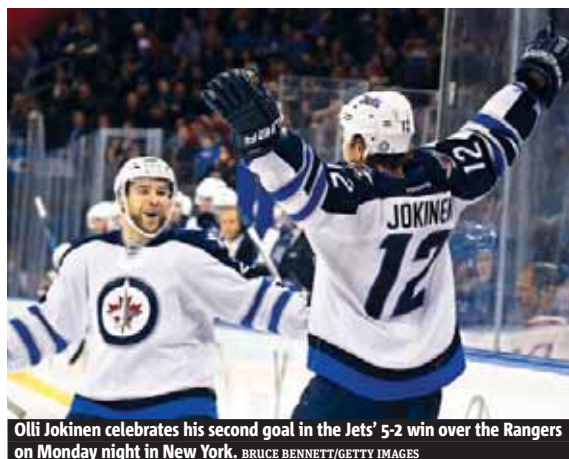
Olli Jokinen's third-period outburst for the Winnipeg Jets put any talk of a New York Rangers goalie controversy to rest.

Not that there was much of one to begin with.

Jokinen scored the go-ahead and insurance goals against rookie Cam Talbot and pushed the Jets to a 5-2 victory over New York on Monday night.

By the time Blake Wheeler put a puck into an empty net in the final minute, Talbot was on the bench mulling his second NHL loss.

"I thought I felt all right, still not where I wanted to be," said Talbot, who made 25 saves in his second straight start over Henrik Lundqvist. "Four goals is not going to cut it. I can't ex-



Olli Jokinen celebrates his second goal in the Jets' 5-2 win over the Rangers on Monday night in New York. BRUCE BENNETT/GETTY IMAGES

pect the guys to go and score five goals for me every night."

Up until this one, three was plenty for Talbot to win. He already has two shutouts to his credit and he hadn't allowed more than two goals in his

first seven starts — a Rangers record.

Jokinen broke a 2-2 tie with 7:18 left and scored again 5:24 later. The former Rangers forward, who also assisted on Devin Setoguchi's tying goal in

the second period, gathered the puck after a strange carom and fired it in.

"Their guy just kind of rimmed it back behind the net," Talbot said. "I think it hit his skate right behind and ricocheted off and went out front. It actually did hit my stick, but it ended up right back at front."

"That's my fault. I've got to put it right back to the corner," he added.

Jokinen then squeezed his sixth of the season between Talbot's pads to make it 4-2 with 1:54 left.

Talbot had won six straight starts, including a victory Saturday over Vancouver in his Madison Square Garden debut when he made a career-best 35 saves.

John Albert also scored in his NHL debut for Winnipeg, which got 35 saves from Ondrej Pavelec in the fourth game of its season-high, six-game road trip (3-1).

THE ASSOCIATED PRESS



## Pelicans prevail in 3-OT

Bulls forward Luol Deng drives between New Orleans Pelicans Eric Gordon and Ryan Anderson on Monday night at the United Center in Chicago. Deng scored 37, but Anderson's 36 points — with seven three-pointers — led the Pelicans to a 131-128 win in triple overtime. JONATHAN DANIEL/GETTY IMAGES

### Kansas City

## Police: No signs of trauma in death at Chiefs game

It could take four to six weeks before authorities can determine how a man died after an altercation in the parking lot of Arrowhead Stadium during Kansas City's game against Denver, police said Monday.

The man was identified as Kyle A. Vanwinkle, 30, of Smithville. An examination of Vanwinkle's body did not show obvious signs of trauma, Kansas City police spokesman Darin Snapp wrote in a statement.

THE ASSOCIATED PRESS

### MLB

## Arencibia cut loose by Blue Jays

Catcher J.P. Arencibia was non-tendered by the Toronto Blue Jays on Monday night, making him a free agent.

The move comes hours after Toronto signed free agent catcher Dioner Navarro to a two-year deal. The Blue Jays also tendered contracts to Colby Rasmus, Brett Cecil and Esmil Rogers. THE CANADIAN PRESS

## NFL. Seahawks march over Saints, become first to clinch playoff berth

The rest of the NFC better get ready to visit the Pacific Northwest in January. After Monday night's rout, the road through the NFC playoffs is almost certain to go through Seattle.

Russell Wilson threw for 310 yards and three touchdowns, and the Seattle Seahawks became the first team to clinch a spot in the NFC playoffs with a 34-7 victory over the New Orleans Saints on Monday night.

More important than just clinching a spot in the post-season, the Seahawks (11-1) moved two games ahead on the rest of the NFC in the race for home-field advantage and hold the tiebreakers over New Orleans (9-3) and Carolina (9-3), the two closest pursuers.

Wilson was outstanding, picking apart the Saints' defence. He threw touchdown passes of two yards to Zach Miller and four yards to Doug Baldwin in the first half as Seattle built a 27-7 lead. Wilson added a pinball eight-yard TD pass to Derrick Coleman in the third quarter.

Michael Bennett had a 22-yard fumble return for a touchdown in the first quar-



Marshawn Lynch of the Seahawks carries the ball against the Saints on Monday in Seattle. JONATHAN FERREY/GETTY IMAGES

ter to give Seattle a 10-0 lead and the Saints never threatened.

Wilson completed 22 of 30 passes and finished with a quarterback rating of 139.6. He has 22 regular-season wins in his first two seasons, tied for the most ever by a second-year QB.

Saints quarterback Drew Brees finished 23 of 38 for 147 yards and a touchdown.

THE ASSOCIATED PRESS

### NHL

#### EASTERN CONFERENCE

##### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Montreal	28	16	9	3	76	59	35
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

##### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	28	14	14	0	62	71	28
New Jersey	28	11	12	5	61	67	27
Philadelphia	27	12	13	2	57	65	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

#### Monday's results

Winnipeg 5 NY Rangers 2  
Montreal 3 New Jersey 0  
Minnesota 2 Philadelphia 0  
St. Louis at Los Angeles

#### Sunday's results

Vancouver 3 Carolina 2  
Detroit 4 Ottawa 2  
Edmonton 3 Dallas 2 (SO)

#### Tuesday's games

##### All Times Eastern

San Jose at Toronto, 7 p.m.  
Tampa Bay at Columbus, 7 p.m.  
Carolina at Washington, 7 p.m.  
Pittsburgh at NY Islanders, 7 p.m.  
Ottawa at Florida, 7:30 p.m.  
Vancouver at Nashville, 8 p.m.  
Dallas at Chicago, 8 p.m.  
Phoenix at Edmonton, 9:30 p.m.  
Los Angeles at Anaheim, 10 p.m.

#### Wednesday's games

Montreal at New Jersey, 7 p.m.  
Philadelphia at Detroit, 8 p.m.  
Phoenix at Calgary, 10 p.m.

#### Thursday's games

Dallas at Toronto, 7 p.m.  
San Jose at Pittsburgh, 7 p.m.  
NY Rangers at Buffalo, 7 p.m.  
Winnipeg at Florida, 7:30 p.m.

#### WESTERN CONFERENCE

##### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	29	16	8	5	70	67	37
Winnipeg	29	13	12	4	78	82	30
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28

##### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

Boston at Montreal, 7:30 p.m.  
Ottawa at Tampa Bay, 7:30 p.m.  
Carolina at Nashville, 8 p.m.  
NY Islanders at St. Louis, 8 p.m.  
Chicago at Minnesota, 8 p.m.  
Colorado at Edmonton, 9:30 p.m.

#### SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, STL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
H. Sedin, Van	7	21	28
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
Karlsson, Ott	7	20	27

Not including last night's games

#### MLS PLAYOFFS

##### MLS CUP

Saturday's game — All Times Eastern  
Kansas City vs. Salt Lake, 4 p.m.

### NBA

#### EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Washington	9	9	.500	7 <sup>1/2</sup>
d-Toronto	6	10	.375	9 <sup>1/2</sup>
Atlanta	9	10	.474	8
Charlotte	8	10	.444	8 <sup>1/2</sup>
Chicago	7	9	.438	8 <sup>1/2</sup>
Detroit	7	10	.412	9
Boston	7	12	.368	10
Orlando	6	11	.353	10
Philadelphia	6	12	.333	10 <sup>1/2</sup>
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12 <sup>1/2</sup>
Milwaukee	3	13	.188	12 <sup>1/2</sup>

#### WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	15	3	.833	—
d-Portland	14	3	.824	1 <sup>1/2</sup>
Oklahoma City	12	3	.800	1 <sup>1/2</sup>
d-L.A. Clippers	12	6	.667	3
Houston	13	6	.684	2 <sup>1/2</sup>
Denver	10	6	.625	4
Dallas	10	8	.556	5
Golden State	10	8	.556	5
Phoenix	9	8	.529	5 <sup>1/2</sup>
New Orleans	8	8	.500	6
Memphis	8	8	.500	6
L.A. Lakers	9	9	.500	6
Minnesota	9	10	.474	6 <sup>1/2</sup>
Sacramento	4	11	.267	9 <sup>1/2</sup>
Utah	4	15	.211	11 <sup>1/2</sup>

#### d-division leader

##### Monday's results

Washington 98 Orlando 80  
New Orleans 131 Chicago 128 3OT  
San Antonio 102 Atlanta 100  
Utah 109 Houston 103

##### Indiana at Portland

##### Tuesday's games

Orlando at Philadelphia, 7 p.m.  
Denver at Brooklyn, 7:30 p.m.  
Milwaukee at Boston, 7:30 p.m.  
Detroit at Miami, 7:30 p.m.  
Phoenix at Memphis, 8 p.m.  
Charlotte at Dallas, 8:30 p.m.  
Oklahoma City at Sacramento, 10 p.m.  
Toronto at Golden State, 10:30 p.m.



## Horoscopes

### Aries

March 21 - April 20

As the new moon falls in one of the more adventurous areas of your chart, you will take the kind of risk you might usually steer clear of. No doubt it will surprise a few people when it pays off handsomely.

### Taurus

April 21 - May 21

In all things there is a natural ebb and flow. If you are on the down side of the curve at the moment, you are sure to be on the up again by week's end.

### Gemini

May 22 - June 21

Optimism is generally a good thing but too much can be dangerous. The planets warn you must make an effort to see things as they are today, not as how you dream they might be. That applies especially to partnership matters.

### Cancer

June 22 - July 23

If you change your mind about something today, you will most likely have to change it back again later in the week. Stick with the decision you recently made and see it through to the end. What happened to that resolute Cancer nature?

### Leo

July 24 - Aug. 23

Yours is one of the most favoured signs at the moment and today's new moon in your fellow Fire sign of Sagittarius urges you to cash in on your creative ideas.

### Virgo

Aug. 24 - Sept. 23

There are times when you let the mask of self-control slip and let your emotions get the better of you and that will most likely happen today. If it does, it may be to your benefit.

### Libra

Sept. 24 - Oct. 23

Your energy may be high at the moment but don't burn yourself out. Social invitations will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

### Scorpio

Oct. 24 - Nov. 22

The more you are told you can't have something, the more you will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

### Sagittarius

Nov. 23 - Dec. 21

As the new moon takes place in your birth sign, it is essential that you choose one aim and stick with it. This can be one of the most successful times of the year but don't scatter your energies in a dozen directions.

### Capricorn

Dec. 22 - Jan. 20

There is no point trying to hide your feelings because others can see how you are hurting. What they don't understand though is why you are hurting. If you need help, you really must be honest with them.

### Aquarius

Jan. 21 - Feb. 19

The planets warn you need to watch what you say over the next 24 hours. Not everyone appreciates your directness and honesty, especially when it hurts them personally.

### Pisces

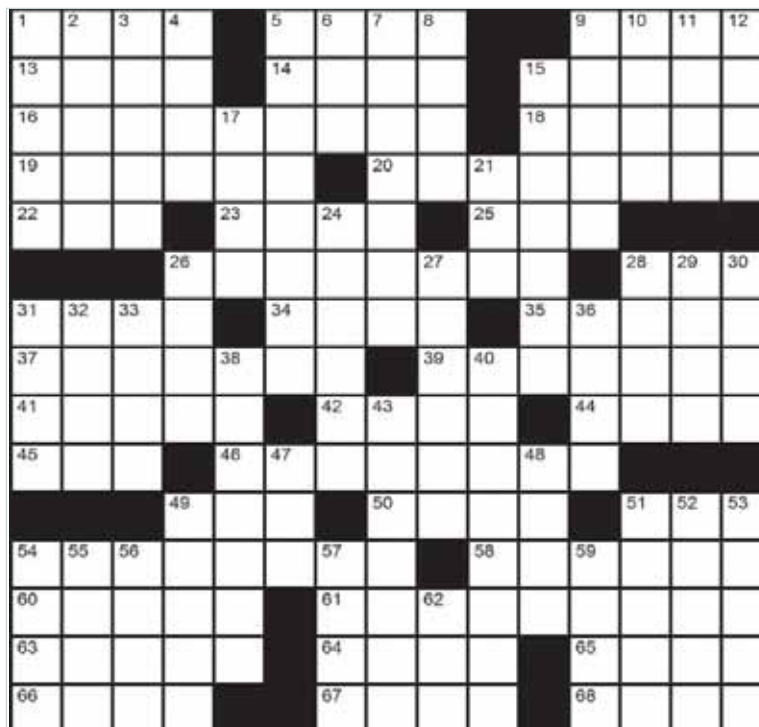
Feb. 20 - March 20

You may be dreading upheavals on the work front but the planets suggest you have little to worry about. There will be some adjustments to make, but over time you will benefit. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Punt
- '90s Halifax band
- Britney Spears' new album: 'Britney \_\_\_'
- \_\_\_ even keel: 2 wds.
- Stratford-\_\_\_Avon
- Ms. Berry
- Potter's penner
- "Golly!"
- Anna Karenina's love in Leo Tolstoy's classic book
- Shoppers \_\_\_
- Tonality
- \_\_\_ Admiral
- Gambler's cube
- "Hmm...": 3 wds.
- Fred \_\_\_ (Lyricist of Broadway musical Cabaret)
- Swedish store
- John who co-hosted "Entertainment Tonight"
- "Like that'll happen!"
- Fraser = \_\_\_
- Actress Ferrara
- CTV journalist
- Ms. len
- \_\_\_ help you?" (Store's query)
- Kinds
- Fathers of Jr.s
- College in Ontario; or, actress Nicolete
- Three non-consonants
- Singer/songwriter Aimee
- Grand \_\_\_ (Wine



designation)

- Egypt: Kingly discovery back in '22: 2 wds.
- Scratcher's reasons
- Popeye's enemy
- Traditional dwelling of the Iroquois
- Tree type

64. Nine \_\_\_ Nails

- Mix
- Mailing enclosures, e.g.
- Green, in Gaspe
- Xs
- Down
- '70s detective series
- Linen tape for trimmings

- Comedian Drew
- Fort \_\_, Kentucky
- 'Our Pet': St. Vital, MB-born singer, Member of the Order of Canada as well as Canada's Walk of Fame
- Prefix to 'culture' (Beekeeping)

- England's capital, in France
- Civil or Electrical, e.g.
- Actress Ms. Pressly
- \_\_\_ Ostrovsky ("Hot in Cleveland" character)
- Yankee or Oriole, e.g.

- Tree dwelling
- Cleanliness
- Was alternative
- 'Quiet' add-on
- Punish with an arbitrary fine
- Secular
- Ms. Twain
- Santana song: "\_\_\_ Ways"
- British guitarist Jeff
- Cape Breton inland sea, \_\_\_d'Or Lake
- Some PCs
- Vehicle in "If I Had \$1,000,000"
- Makes mistakes
- Ireland, in verse
- Guest
- One Direction's latest album: '\_\_\_ Memories'
- Ulna: 2 wds.
- Boo-\_\_\_
- Literary collection [abbr.]
- "Melrose Place" star Rob
- Plane-jumper's need
- Amber, for example
- Device operators, for example
- Time as yet unknown acronym [pl.]
- Role in "The Producers" (2005)
- Sassiness, in slang
- 1054 in ancient Rome
- Price
- ATM maker

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today

8°/1°

Showers

40%

Wednesday

4°/-1°

Rain

90%

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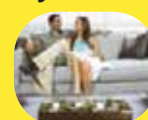
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